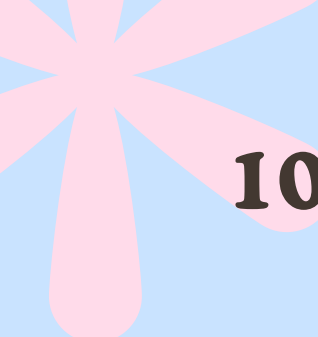




10 Questions to ask when Hiring a Doula.

Get to know your doula during your initial interview with these 10 questions to see if they're a fit for you!

Why did you become a doula?

This can help you understand where your doula's passion comes from.

What is your philosophy of birth?

This will help you understand if their approach aligns with your values and preferences, whether you want a natural birth, a hospital birth, or a more medicated experience.

What is your training and certification?

Ask about their qualifications, including where they were trained, who certified them, and what kind of continuing education they pursue.

How do you support unmedicated vs medicated births?

This will help you gauge how well their approach aligns with your personal birth plan, whether you're planning for an unmedicated or medicated experience.

Do you have a backup doula, and what happens if you are unavailable when I go into labor?

Ensure they have a backup plan in case they're unavailable during your birth.

What services do you provide in addition to attending the birth?

Ask about prenatal visits, postpartum support, or any additional services like breastfeeding guidance or postpartum care.

How do you support partners during labor?

Ask how they involve your partner in the process and how they support them emotionally and physically.

Can you help me create a birth plan or birth preferences list?

Ask if they assist in crafting a personalized birth plan and how they help you communicate that plan with the medical team.

What are your fees, and what is included in your fee?

Make sure to ask about pricing, payment plans, and what services are included (e.g., prenatal meetings, labor support, postpartum visits).

Can you provide references from previous clients?

Hearing from other clients can give you a good sense of their experience and satisfaction with the doula's services.

Finding the right doula for you is such an important part of the process.

You want someone who vibes with your vision, listens to your needs, and brings all the positive energy to the big day. The right doula will be your birth bestie. So take your time, ask all the questions, and make sure you've found someone who feels like a great match – because this journey deserves the best kind of support!

